

# ONE TO ONE PERSONAL TRAINING SERVICES - 2023



# ONE TO ONE PERSONAL TRAINING SERVICES

Whilst personal training is just that - PERSONAL, every one has one thing in common -

## **RESULTS**

They could be in the form of improved fitness, weight loss, better appearance. Results are not an overnight occurrence and will require more than one session.

I do offer individual sessions, however with the above in mind I would ask that you look at a minimum of 8 weeks to achieve your goals.

I offer 8 week and 12 week plans. The details of which are outlined in the following pages.

**EVERY programme comes with a FREE app, cook books and gym sessions and guidance of the highest quality**

As one of only 1000 MACNUTRITION qualified nutritionists WORLDWIDE, I offer the highest level of nutritional support available. As well as Personal Training I offer nutritional consultations

These sessions will take place at GRAFTHAUS gym. There is free parking on site, along with changing facilities and a refreshment area.



# ONE SESSION PER WEEK

(8 weeks plan)

This is a great package for someone who wants the accountability of having a Personal Trainer, but who has a general knowledge of the gym environment.

You would receive ONE hour long session per week for 8 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 2 cook books to help with your nutrition.

Every week I will retake your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price

**Payable as 1 instalment of £340**

**Or 2 Instalments of £175**

## **IMPORTANT**

**MUST BE COMPLETED WITHIN 10 WEEKS OF FIRST SESSION.  
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING  
AFTER 10 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED  
AS SUCH**



# TWO SESSIONS PER WEEK (8 weeks plan)

An ideal intermediate package. This is aimed at someone who has gym experience, but requires the support and expertise of a professional to build an exercise programme. This person probably has a gym membership and is able to complete another gym session alone

You would receive TWO hour long session per week for 8 weeks. I would suggest these are booked in at the same time for the 8 weeks. Your nutrition will be adjusted to reflect your progress

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 2 cook books to help with your nutrition.

Every week I will retake your weight, to determine what is needed to ensure continued success. this gives you a level of accountability.

No membership to the gym is required, the use of the gym and facilities is covered in the price

**Payable as 1 instalment of £640**

**Or 2 Instalments of £330**

## **IMPORTANT**

**MUST BE COMPLETED WITHIN 10 WEEKS OF FIRST SESSION.  
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING  
AFTER 10 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED  
AS SUCH**



# THREE SESSIONS PER WEEK (8 weeks plan)

An excellent package for someone who requires motivation and accountability , but requires results.

Over 8 weeks you will receive three sessions a week. I will take your weight every week. Your nutrition will be adjusted to reflect your progress

We will establish a calorie goal and you will be given 2 cook books to help with your nutrition.

Every week I will retake your weight, to determine what is needed to ensure continued success.

## WEEKLY ACCOUNTABILITY

No membership to the gym is required, the use of the gym and facilities is covered in the price

**Payable as 1 instalment of £925**

**Or 2 Instalments of £475**

## IMPORTANT

**MUST BE COMPLETED WITHIN 10 WEEKS OF FIRST SESSION.  
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING  
AFTER 10 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED  
AS SUCH**



# ONE SESSION PER WEEK (12 weeks plan)

This is a great package for someone who wants the accountability of having a Personal Trainer, but who has a general knowledge of the gym environment.

You would receive ONE hour long session per week for 12 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week I will retake your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price

**Payable as 1 instalment of £510**

**Or 3 Instalments of £175**

## **IMPORTANT**

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.  
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING  
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED  
AS SUCH**



# TWO SESSIONS PER WEEK (12 weeks plan)

An ideal intermediate package. This is aimed at someone who has gym experience, but requires the support and expertise of a professional to build an exercise programme. This person probably has a gym membership and is able to complete another gym session alone

You would receive TWO hour long session per week for 12 weeks. I would suggest these are booked in at the same time for the 12 weeks. Your nutrition will be adjusted to reflect your progress

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week I will retake your weight, to determine what is needed to ensure continued success. this gives you a level of accountability.

No membership to the gym is required, the use of the gym and facilities is covered in the price

**Payable as 1 instalment of £960**

**Or 3 Instalments of £330**

## **IMPORTANT**

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.  
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING  
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED  
AS SUCH**



# THREE SESSIONS PER WEEK (12 weeks plan)

An excellent package for someone who requires motivation and accountability , but requires results.

Over 12 weeks you will receive three sessions a week. I will take your weight every week. Your nutrition will be adjusted to reflect your progress

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week I will retake your weight, to determine what is needed to ensure continued success.

## WEEKLY ACCOUNTABILITY

No membership to the gym is required, the use of the gym and facilities is covered in the price

**Payable as 1 instalment of £1390**

**Or 3 Instalments of £480**

## IMPORTANT

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.  
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING  
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED  
AS SUCH**





# ON LINE TRAINING

(4 week blocks)

An all encompassing programme. An ideal solution for those who cannot train with me in person due to time or logistical constraints.

After an initial discovery call I will design a training and nutrition plan with the sole purpose of achieving your goals.

You will receive:

- My own Teamt custom app
- A 4 week training block designed specifically for you based upon your goals and equipment availability
- A flexible nutrition strategy. One which is sustainable and goal orientated
- A number of nutrition resources
- 4 cook books
- WEEKLY telephone check-ins
- Daily habit checker
- Myfitnesspal support

**1st Block - POA**

**Every subsequent block - POA**



# PLATINUM 12 WEEK PLAN

## THE ULTIMATE 12 WEEK PLAN

4 sessions per week for 12 weeks (48 sessions)

3 months gym membership at GRAFTHAUS gym  
UNLIMITED USE OF THE GYM OUTSIDE OUR SESSIONS

3, FIT3d full body scans

Full Nutrition consultation and support (Calories, protein amount, suggested supplementation protocol)

Programme changed as required to reflect progress

Cooks books with 120 recipes (calorie and macro counted)

Weekly accountability check in

All sessions will take place at GRAFTHAUS gym in Leeds

**Payable as 1 instalment of £1950**

**Or 4 Instalments of £500**

### **IMPORTANT**

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.  
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING  
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED  
AS SUCH**



# ONE OFF SESSION

This programme is aimed at the experienced gym goer, or someone who needs new direction in their training. If you have any specific questions these will be addressed.

You will get a 90 minute session, going over warm ups, nutrition and a workout.

You also receive a discount on my online training programme.

You need no membership at GRAFTHAUS to complete this one session.

**Price for the session £60**



# NUTRITION CONSULTATION & REPORT

Maintaining a health body weight is paramount for optimal health. Obesity is closely linked to;

Diabetes  
Cardio Vascular Disease  
Hypertension  
Coronary Heart Disease  
Elevated Blood Triglyceride Levels

With the correct nutritional protocol you can reduce your risk of these diseases.

With so much conflicting information available, it can be difficult to understand just what works, and not just for a quick fix, but for the long term. I can help you lose weight and keep it off.

During a 90 minute consultation, we will discuss why losing weight would impact your life. We will establish a method that will help you eat for health, almost effortlessly, without the use of "fad diets"

You will receive a comprehensive action plan outlining exactly how to achieve your goals. This will be followed up with a further telephone consultation which help with adherence by establishing a level of accountability.

**Price - £199**



# NUTRITION "PT"

(4 week blocks)

When it come to changing the way you look and feel, NUTRITON is the key

In this ONLINE plan, I will help you build the best version of yourself.

As a Mac University Qualified and Insured Nutritionist, I am in the best position to offer you evidence based advice.

The plan contains everything to help you get to grips with the nutrition element of your fitness journey.

- Weekly telephone check-ins
- My fitnesspal set up
- Sample meal plans
- Cook books (inc vegan)
- Educational videos
- 1 - 1 nutritional coaching
- Calorie guidance
- The option to include DISCOUNTED personal training

When I started my own road to health, I trained for years without results, however it wasn't until I understood the importance of my food intake, that I really developed.

**PRICE - £99 per 4 week block**



# TERMS AND CONDITIONS

## **CANCELLATIONS**

A 24 hour notice period must be given for any sessions to be postponed. Failure to do so will result in the session being charged at the full price.

## **BLOCKS OF SESSIONS**

Sessions must be completed within either 10 or 14 weeks of the first session being completed. Any sessions not taken within the agreed time period will be deemed as used and will be charged as such.

## **SESSION DURATION**

Your allotted time is 60 minutes. A warm up is not mandatory, however you are welcome to use the gym floor and treadmill for 10 minutes prior to your session to perform stretches as required.

Your session slot will conclude 60 minutes after your appointed start time. Please be aware that whilst late arrival is allowed, this WILL impact on the duration and content of your session.

You may use the treadmill and gym floor for stretches and to cool down for 10 minutes post session.



Sessions completed at  
GRAFTHAUS  
Unit 4  
Cardigan Trading Estate  
Leeds  
LS4 2BL

Website - [WWW.Teamt.uk](http://WWW.Teamt.uk)  
Email - [Charles@teamt.uk](mailto:Charles@teamt.uk)  
Telephone/Whatsapp - 07814569131

